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### Potluck Success

With July 4<sup>th</sup> just around the corner, barbecue grills are heating up and potlucks will be the order of the day.

These events can be fun or they can be hazardous to your health. Food is often prepared hours before the event, not stored at the proper temperature and handled by many people...people who spread germs through their hands, coughing or sneezing.

Keep the fun in your party and prevent foodborne illnesses by following a few simple rules:

- Wash hands with soap for 20 seconds before handling food, before and after handling raw meat, after using the bathroom, after touching hair, face, or skin, or after coughing or sneezing.
- Keep hot food HOT by using a barbecue, stove or sterno. Keep cold food COLD by using a refrigerator, cold pack or ice chest.
- Cook food thoroughly.
- Use disposable forks, knives, spoons, glasses and plates. Set up the utensils so guests can pick them up by the handles.
- Don't serve cooked meat on the same platter that held raw meat.
- Cover food to prevent contamination by insects, flies, dust or humans.
- Throw leftovers away. The food has been handled by many people and is probably contaminated.

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If anyone has questions about safe food handling, please call San Bernardino County Environmental Health Services at (909) 884-4056 or visit the web site at [www.sbcounty.gov/dehs](http://www.sbcounty.gov/dehs).

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MARK H. UFFER  
County Administrative Officer

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